



# NADAP E-Gram

## Navy Alcohol and Drug Abuse Prevention

### 101 Critical Days of Summer

With summer is here, soon it will be time to uncover boats, dust off motorcycles, put on swim shorts and engage in all sorts of summertime activities. Summertime can be a great time for fun, but with an increase in activities comes a greater chance for accidents to happen. The days of summer with the greatest chance of accidents are known as the 101 critical days of summer.

101 Critical Days of Summer (Memorial Day through Labor Day) is intended to remind us that we can not afford to lose focus on safety either on or off duty. Barbeques, road trips, swimming, fishing, boating, and camping are just some of the outdoor activities we like to engage in during the summer. Intense planning often goes into making these outdoor activities a success. When planning your summer activities, remember the effects of alcohol or prescription drugs, and identify the risks associated with impairment while participating in various activities. Always remember to make responsible decisions while enjoying your summer activities.

The National Council on Alcoholism and Drug Dependence also share that the following statistics underscore the negative consequences of alcohol consumption:

- Drinking may be a factor in 80% of boating fatalities, says the National Transportation Safety Board. According to the National Safety Council, boating accidents are this country's second-largest cause of transportation injuries.
- According to the National Institute on Alcohol Abuse and Alcoholism, alcohol is involved in an estimated 38% of drowning deaths. Data assembled recently for the Surgeon General shows that this number rises to between 40 and 50% for young males.
- 40-50% of all diving injury victims consume alcoholic beverages, according to the same report.

Remember, when planning your summer activities know the effects of alcohol and identifying the risks associated with drinking to prevent your celebrations from ending in an arrest or tragedy. The consequences are serious and real. Not only do you risk injuring yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant and not the way you want to celebrate the summer holidays.



#### IN THIS ISSUE

##### 1 101 CRITICAL DAYS OF SUMMER

##### 2 KEEP WHAT YOU'VE EARNED CAMPAIGN KICKS OFF SUMMER SAFETY

##### 3 DIETARY SUPPLEMENTS

##### 4 NAVY SAILOR RECEIVES GEICO MILITARY SERVICE AWARD

##### 5 SAILORS REMINDED TO "KEEP WHAT YOU'VE EARNED" BEFORE HOLIDAY WEEKEND

##### 6 DEA CONTINUES TO ACT AGAINST SYNTHETIC DRUGS

##### 7 KEEP WHAT YOU'VE EARNED CAMPAIGN LAUNCH A SUCCESS



## Keep What You've Earned Campaign Kicks off Summer Safety

The summer months are upon us and with that the number of alcohol incidents and accidents increase significantly. To prevent this increase in incidents, NADAP's "Keep What You've Earned" campaign and the Naval Safety Center's "Live to Play, Play to Live" summer safety campaign are partnering together to urge Sailors to drink responsibly this summer—and always.

### Take the "Play to Live Pledge"

As a commitment to drinking responsibly, all Navy personnel and their families are encouraged to sign the [Play to Live Pledge](#). Alcohol abuse prevention personnel should promote the pledge among their commands to further create a safer environment for all this summer.

### Host a Summer Safety Event

In conjunction with the pledge, the Keep What You've Earned campaign recently released an "Event-In-A-Box" guide on how to

host a summer safety event at any installation as a fun way to remind Sailors why they should choose to drink responsibly.

The event program features a photo booth-type activity where Sailors can get their pictures taken with their friends and fun summer-related props (e.g., beach ball, snorkels, Hawaiian leis, etc.).

They will also have an opportunity to sign the pledge and write down a personal reason why they choose to drink responsibly.

Visit the Keep What You've Earned website to download the Event-In-A-Box plan, detailing how you can host the event at your base. This plan provides checklists for before, during and after the event and includes all the materials you would need such as flyers, photo release forms, and summer safety leadership talking points.

### For More Information & Support

For questions or feedback regarding the campaign, contact Ms. Sara Geer, NADAP Marketing and Information Specialist, at COMM (901) 874 4237/ DSN 883 or via e-mail at [sara.geer.ctr@navy.mil](mailto:sara.geer.ctr@navy.mil).

## NADAP Webinars

All webinars begin at 1300-1400 (CDT). An additional webinar is available at 1700 (CDT)

How to join meeting: Click the URL below to join meeting. Once the window is loaded, login in with your DCO information or type your name to enter the meeting as a "Guest". Please give the screen a few minutes to load.

To setup a DCO account, visit <https://www.dco.dod.mil> and select "register" at the top left hand corner of the page.

### WEBINAR SCHEDULE

DATE	SUBJECT
6 JUN	ADCO Responsibilities
27 JUN	UPC Responsibilities

Visit here to join webinar:  
<https://connect.dco.dod.mil/nadapwebinar>

Pledge to  
drink responsibly  
this summer.

YOU'VE EARNED IT - DON'T WASTE IT.

DRINK RESPONSIBLY  
**KEEP WHAT  
YOU'VE EARNED**

[www.nadap.navy.mil](http://www.nadap.navy.mil)



# Dietary Supplements

## What You Need To Know To Stay Safe and Avoid Fraud

Source: <http://hprc-online.org/dietary-supplements/files/red-flags>

Beach season is here and you may be spending more time in the gym and watching your calories to become swimsuit ready. You may also be consuming dietary supplements, but are they safe? If you are currently using or considering using a dietary supplement, ask yourself these RED FLAG questions to minimize your risk of consuming harmful products.

- **Is it a high-risk dietary supplement? High-risk product categories include:**
  - Bodybuilding products
  - Weight-loss products
  - Diabetes products
  - Sexual enhancement products
- **Does the supplement's product label have any of the claims below? These claims often indicate that the supplement may contain substances not on the ingredients list, prescription drug analogs, or banned substances.**
  - An alternative to (or claiming to have similar effects to) an FDA-approved drug—e.g., “All natural alternative to XYZ.”
  - “Do not take if you have any medical condition, if you are taking any prescription medications, or if you are pregnant.”
  - “May cause a positive result in a performance-enhancing drug test.”
- **If the supplement makes a claim about a dietary ingredient affecting normal body structure or function (e.g., “helps promote bone health”), is its product label missing the following statement?**
  - “These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.”

- **Does the label:**
  - Claim to cure a wide range of unrelated diseases (e.g., cancer, AIDS, in addition to diabetes)?
  - Promise “quick fixes” (e.g., cure XYZ in seven days, lose weight in nine days, shrink tumors in one week, cure impotency in two weeks, etc.)?
- **Does the label have:**
  - Text in a foreign language?
  - Directions or warnings that resemble FDA-approved drug products?
  - Claims that it is as effective as an FDA-approved drug?
  - Inadequate or absent safety warnings?
  - A black-box warning?
- **Is the label missing a third-party certification label? Third-party certification programs evaluate and certify dietary supplements for purity and/or quality. Examples are:**
  - United States Pharmacopeia (USP)
  - NSF International
  - Informed-Choice, HFL Sport Science
  - ConsumerLab.com
  - Banned Substances Control Group (BSCG)
- **Is the product marketed with personal testimonials about amazing results from using the product?**
- **Did you receive solicitations (emails) offering products in the high-risk product categories?**


- Is the product rated 7 or lower by the Natural Medicines Comprehensive Database (NMCD)? The NMCD rates commercial products based on safety, effectiveness, and quality. Each product gets a rating of 1-10 with 10 being the best and 1 being the worst.
- Does the product contain any of the ingredients found [here](#)?

**If you answered “YES” to several of these questions, you may be consuming an unhealthy or harmful product! Be an informed consumer and choose wisely.**

**However, remember that a supplement cannot replace regular exercise, medical drugs, or a healthy diet.**

For additional alerts, click on the links below.

- [Athlete Advisory - Methylhexanamine and Dietary Supplements](#)
- [Athlete Guide to the 2011 Prohibited List](#)



Visit the Operation Supplement Safety (OPSS) website for more information at <http://hprc-online.org/dietary-supplements/opss>

Operation Supplement Safety is a DoD-wide educational campaign in partnership with DoD's HPRC to educate Warfighters and their families about dietary supplements and how to choose supplements wisely.

## Navy Sailor Receives GEICO Military Service Award

GEICO (Government Employees Insurance Company) recently announced the recipients of their 25th annual Military Service Award Winners for 2012. Among the recipients, PS1 Ivy Martin was the National Guard/Reserve recipient of the 2012 GEICO Military Service Award for her work in drug and alcohol abuse prevention. Martin is assigned to the Reserve Component Command (RCC) Navy Region Midwest (NRMW).

In 2010, she established the RCC NRMW local DEFY program. The local program has continued to grow. The most recent program year saw 15 adult, 5 junior staff members, and 26 youth from various military services participating. She coordinated a residential program at Volk Field Air National Guard Base, Wisconsin, including numerous lessons throughout the school year. She volunteered her local program to pilot test a new DEFY local staff training curriculum, which was implemented in 2013 to standardize local staff training throughout the DEFY Program. She and her staff provided valuable input that helped improve the pilot training.

Her efforts have resulted in a highly successful CDF and DEFY programs. Her exemplary performance in the substance abuse prevention field clearly indicates why she was selected for this highly prestigious award.



The winners of GEICO's 25th annual Military Service Awards.

## DEFY Public Service Announcements and Promotional Video on YouTube

The DEFY PSAs and promotional videos are now available for viewing and downloading from YouTube for those locations that don't have a DEFY CD/DVD. These video products can be used to advertise and solicit support for the local programs.



<http://youtu.be/fulJ-OmQdPE>



<http://youtu.be/073MrAis2ng>



<http://youtu.be/svGZNduKC9c>

## Sailors Reminded to "Keep What You've Earned" Before Holiday Weekend

NORFOLK, Va. (NNS) -- Sailors leaving Naval Station Norfolk received a reminder to have a safe Memorial Day weekend, May 23.

Junior officers, chiefs and first class petty officers manned the gates around the base and held signs to promote the message: "Keep What You've Earned."

"Sailors are our most important assets," said Naval Station Norfolk Command Master Chief David Carter. "The Navy wouldn't be what it is without Sailors, so we want to make sure that they do the right thing, that they get to keep what they've fought and worked for, and that they continue to serve with pride and without any hiccups."

The "Keep What You've Earned" campaign's goal is to inform Sailors on what it means to drink responsibly; educate Sailors about the consequences of poor decisions regarding alcohol; promote and encourage alternatives to drinking; enable leadership to assist with Sailor education; and, create partnerships with Navy and civilian programs focused on Sailor well-being.

"We want to see our Sailors come home from the holidays," said Culinary Specialist 1st Class Christina Plouff. "We're just trying to remind everybody that you work hard for what you get - so keep it."

Campaigns like these demonstrate the Navy's commitment to reduce the number of alcohol-related incidents.

For more news from Navy Public Affairs Support Element, Norfolk, visit [www.navy.mil/local/pacennorfolk/](http://www.navy.mil/local/pacennorfolk/).



## DEA Continues to Act Against Synthetic Drugs Agency Targets Four Substances Used to Make So-Called “Fake Pot” and “Bath Salts”

APRIL 12 -- WASHINGTON, D.C. – Today the United States Drug Enforcement Administration (DEA) published a Final Rule to permanently control 3,4-methylenedioxy-N-methylcathinone (methyldone) and a Notice of Intent to temporarily schedule three synthetic cannabinoids.

The first of two notices published in the Federal Register this morning is a Final Rule permanently placing methyldone, a synthetic stimulant drug that has been encountered in falsely marketed “bath salt” products, into Schedule I under the Controlled Substances Act, the most restrictive category that is reserved for unsafe, highly abused substances with no accepted medical use. Methyldone is abused by individuals for its psychoactive effects, and this abuse has had an adverse effect on public health and safety, including death. DEA temporarily scheduled methyldone on October 21, 2011 upon finding it posed an imminent hazard to public safety. In addition the United States Department of Health and Human Services concluded that it should be controlled. On October 17, 2012, DEA proposed to make its Schedule I status permanent, taking steps that conclude with today’s Final Rule.

Over the past two years, synthetic stimulants sold under the guise of “bath salts” or “plant food” has become increasingly popular, particularly among teens and young adults, and is sold at a variety of retail outlets and over the Internet. However, they have not been approved by the FDA for human consumption or for medical use. Marketed under names such as “Ivory Wave”, “Purple Wave”, “Vanilla Sky” or “Bliss,” these products are comprised of substances perceived as mimics of cocaine, LSD, MDMA, and/or methamphetamine. Users have reported impaired perception, reduced motor control, disorientation, extreme paranoia, and violent episodes. The long-term physical and psychological effects of these substances and their associated products are unknown but potentially severe.

The second Federal Register Notice published today is a Notice of Intent to temporarily control three synthetic cannabinoids (UR-144, XLR11, and AKB48) often seen in falsely marketed “herbal incense” products. DEA has taken action upon finding these three substances pose an imminent hazard to public safety. This action will become effective upon publishing a Final Order to temporarily control these substances as Schedule I substances for up to two years, with the possibility of a one-year extension.

Over the past three years, smoke-able herbal blends are marketed under the guise of being “legal” and have become increasingly popular, particularly among teens and young adults. These products consist of plant material that has been laced with a substance that mimics THC, the active ingredient in marijuana, and are sold at a variety of retail outlets, in head shops and over the Internet. These substances have not been approved by the FDA for human consumption or for medical use. The long-term physical and psychological effects of these substances and their associated products are unknown but potentially severe.

Additional information relating to DEA can be found at:

<http://www.justice.gov/dea/index.shtml>



Order this poster [here](#)

## Keep What You've Earned Campaign Launch a Success

The "Keep What You've Earned" campaign is beginning to develop a strong presence in the Navy thanks to your support of the campaign during Alcohol Awareness Month in April. NADAP continues to ask you for your support as we expand the campaign and encourage our Sailors to make responsible drinking choices year round.

For example, remember to share the campaign's leadership talking points (found on [www.nadap.navy.mil](http://www.nadap.navy.mil)) with your immediate supervisors at the start of each month to help guide their discussions around responsible drinking during weekly interactions such as liberty briefings.

### We Want to Hear from You

NADAP would like to thank everyone for their support of Keep What You've Earned campaign during Alcohol Awareness Month. However, with summer just around the corner, it's important to keep the message of drinking responsibly alive throughout the year.

As our frontline of defense against destructive drinking in the Navy, we want to hear your feedback on the Keep What You've Earned campaign and suggestions for future campaign tools and resources. What materials have you found most useful? What does your leadership think of the campaign? How can we better assist you and your commands in promoting responsible drinking year round?

### What Else is New?

The Keep What You've Earned campaign also recently released a motion graphics public service announcement (PSA) video that reminds Sailors how hard they've worked for their career in the Navy and to not risk it with irresponsible drinking choices. Check out the PSA available on [www.nadap.navy.mil](http://www.nadap.navy.mil) and help distribute the video to your installation's broadcast channels.



## 2012 - 2013 STATISTICS

### ARIs & DUIs

MAY	364	96
JUN	368	83
JUL	343	83
AUG	325	97
SEP	323	127
OCT	387	98
NOV	283	90
DEC	324	109
JAN	303	74
FEB	266	75
MAR	251	71
APR	133	36
MAY	10	1

### MEM POS & TOTAL TESTED

MAY	122	95,954
JUN	113	93,980
JUL	116	96,701
AUG	121	98,011
SEP	139	104,678
OCT	130	97,741
NOV	143	93,281
DEC	168	85,224
JAN	258	125,363
FEB	175	93,470
MAR	245	96,370
APR	270	86,359
MAY	17	10,699